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CENTRAL INTELLIGENCE AGENCY

INFORMATION REPORT

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COUNTRY Hungary

SUBJECT Medical Research

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DATE DISTR. 29 Sep 53

NO. OF PAGES 13

NO. OF ENCLS.

SUPP. TO
REPORT NO.

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HISTORICAL REVIEW

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historical accomplishments in Hungarian medicine were performed mainly by Hungarian medical men working at Vienna University which was then the chief center of Austria-Hungary. For example, there was the discovery of antiseptic operating techniques by Semmelweis, particularly in connection with obstetrics. Also, Adam Politzer was responsible for the first operational studies on diseases of the ear, and the development of techniques for diagnosis and treatment of various diseases of the ear. In the field of veterinary medicine, some of the outstanding early contributions were the discovery of pseudo rabies by Aujeszky at the University of Budapest and the discovery of the modified and improved rabies vaccine by Hogyes, also of the University of Budapest. Of the more recent contributions, we may mention the discovery of Vitamin C for which Albert de Szent-Gyorgi was awarded the Nobel Prize, and the discovery of a number of pathways of cellular metabolism by Szent-Gyorgi and his group.

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At that time Hungarian science was mainly under the influence of German and Austrian science. Hungarian and German science were at about the same level and there was an intensive exchange of German and Hungarian scientists. Prior to 1940 German science was equal to that of the United States and the United Kingdom; and, in some particular fields, was ahead of them. This situation, of course, has now changed.

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A. (e) Szent-Gyorgi received the Nobel Prize for the discovery of Vitamin C and pathways of cellular metabolism. Zechmeister is noted for the discovery and early development of techniques of chromatography. Barany made the early studies on physiology of the inner ear and developed the thermo-myastagnus techniques and their use in diagnostics. Hevesy made the first use of radioactive isotopes in biological research. Beznak is known for his studies on neuro-muscular mechanisms. Issekutz developed one of the earliest organic complex mercury diuretics and conducted a number of basic studies on pharmacodynamics. Mansfeld and Issekutz made a great many studies of the physiology of the thyroid gland. All these men whom I have mentioned have received a great deal of international recognition. Szent-Gyorgi, Barany and Hevesy all received Nobel prizes for medical research; and [] that Zechmeister and Mansfeld have been nominated for the Nobel Prize. Both Issekutz and Mansfeld have had leading positions in the Hungarian Academy of Natural Sciences. Beznak was elected President of the Biological Research Station at Tihany after the war. This is one of the most important scientific posts in the country.

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Most of these men are now living in one or another of the Western countries. After the war there was a great deal of enthusiasm from all scientists to raise the standards of Hungarian science, but most people realized that under Communist dominance this would not be possible. Therefore, most scientists left the country to take up residence in the West. Although it was very difficult to obtain permission to leave Hungary, some of these men managed to get out, most of them by crossing the border illegally. At the same time, there was also quite an exodus of younger and even some student scientists.

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Szent-Gyorgyi is presently in the US and brought with him almost his entire staff of probably a dozen young investigators. He is working at the Marine Biological Laboratory at Woods Hole, Massachusetts. Unfortunately, because of lack of funds, he was able to keep only three of his assistants, and the others scattered to other parts of the US. Some of them are working at Harvard University and the University of Pennsylvania. Szent-Gyorgyi's main interest, and the main interest of the people who stayed with him in Woods Hole, is the physiology of the contraction of skeletal muscle. Zechmeister, to my knowledge, is Professor at the California Institute of Technology. Beznak is guest investigator at one of the British universities; and, recently has been invited by one of the Canadian universities to be professor of physiology. Hevesy is a professor in Canada. He has lived there for quite a long time. He was first of the group to go abroad. Baranyi is dead. He was professor for a long time at a Swedish university. Mansfeld died in Hungary a few years ago. Issekutz is still Professor of Pharmacology at the University of Budapest. However, most of his collaborators and assistants are abroad in various countries. For example, Urbanczyk and Fabinyi are in Sweden and John Szerb is at Dalhousie University in Canada. Many of Mansfeld's assistants are abroad. For example, Ward is at the University of Berne and Spitzer is at Tallahassee University in Florida.

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Since 1945 there were two important trends in Hungarian medical research. After 1945 there was great enthusiasm for raising the standards of research in the country, but very soon this enthusiasm faded when it was obvious that because of Communist dominance no free research could be pursued. Within a few years most of the scientists concentrated on trying to escape and taking up residence in one of the Western countries, rather than building up Hungarian research. Those who could, went to the West; and when it became practically impossible to cross the border legally or illegally, those who stayed in Hungary became resigned to their situation. However, research never assumed its old form, not only because the best people went abroad, but also because those who stayed at home probably did not have suitable environment, nor did they have the spirit to perform important research work. Also, the system hampered them a great deal. For example, each morning at 8:00 all members of all institutes at the University of Budapest had to assemble and sing little Communist songs under the direction of the Professor in preparation for the annual May Day parade in which all the institutes had to participate and sing Communist songs. Several times each week the Political Commissar of the Institute called meetings and gave lectures on Communist ideology. There were meetings where every member of the Institute had to confess sins committed during the week against the Communists; and, although these meetings were quite ridiculous, they were compulsory and consumed a great deal of time. Also, we have gained the impression that the USSR does not particularly care what happens to research in the Satellite countries. Nevertheless, most of the Satellite countries tried to imitate the organization and scientific methods of procedure used in the USSR. They tried to give top salaries to their scientists, at least as compared to some of the other people, especially the intellectuals in the country. They tried to give the scientists publicity, honors, and medals, but all these did not result in any improvement of the situation. Apparently most of the scientists were not in any mood to do serious work and since the time of total Communist rule of Hungary, no significant contributions have emerged from Hungary, at least as far as we can see from the published results. It seems that there is no particular emphasis on any one field. The scientists are pretty well allowed to work in whatever manner they desire, but it appears that in the central military plans of the Communist bloc the scientific achievements of the Satellites are not playing a very important role.

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ORGANIZATION AND ADMINISTRATION OF MEDICAL RESEARCH ACTIVITIES

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All universities in Hungary are state controlled and the Ministry of Education is in charge of all these institutions. Also the Ministry of Defense is interested in directing research programs as are the Ministry of Public Health and the Ministry of Welfare. Since all the pharmaceutical companies are nationalized, they, together with their research programs, are under the direction of the Ministry of Industry and Commerce.

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Most of the research activities are coordinated by the National Academy of Natural Sciences which plays a role similar to the National Research Council in the US; but is, of course, much more powerful. It not only controls the research program of the individual institutes, and has a great deal of power over all other phases of activity, but, also, has great power over individual scientists in directing their particular careers. I do not know of any coordination on the Ministry level of research activities of various institutes.

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Most research projects are financed by the budget of the particular institute. For example, in various medical schools each department or institute receives an annual budget, and these funds are then distributed among the individual research workers by the chairman of the department at his own discretion. Within the frame of this budget the chairman of the department has the say as to which projects should be carried out and which not. Of course, there are some projects that are sponsored by the National Academy of Sciences and there are special projects which are requested by one or another of the Ministries and usually special funds are allotted with those projects. Usually, in the case of those projects which are proposed by the individual research workers, the funds come from the department budget, while those projects which are proposed by the Ministries or the Research Council are financed by the requesting agency.

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The Academy has been recently reorganized and they reorganized during the last year. Scientists who are members of the Academy fall into several categories. These categories correspond to those adopted long ago by the Soviets. The lowest category is the field of medical sciences, and the men in this category are called Candidates of Medical Sciences. The second is Doctor of Medical Sciences. The third is Corresponding Member of the Academy of Medical Sciences and the highest is Member of the Academy of Medical Sciences. Members of the Academy of Medical Sciences received salaries directly from the Academy. When this new classification was adopted, most university faculties dropped the awarding of Doctor's degrees. For example, chemists who complete a course at the end of which they would be entitled to write a thesis and obtain a Doctor's degree in Chemistry, now simply receive a diploma in chemistry. Physicians are still called Doctors, but this is just public usage. Officially, the title of Doctor is awarded by the National Academy of Sciences and is an advanced degree in the field of Medical Sciences. Of course, since this new system of classification was adopted all the established scientists in the country have been classified into these categories. Most of the full professors were classified as members of the Academy and some of the younger ones as Corresponding Members of the Academy. Some of the younger assistant and associate professors were classified either as Candidates

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or Doctors of Medical Sciences. Most of these classifications appeared in the official Hungarian journals.

It is very interesting reading because it shows which scientists are in the Government's favor (they are classified higher) and those who are not in favor and were either classified lower or not in the classification at all. These ranks in the Academy are not merely titles for they entitle the recipient to certain salaries provided by the Academy.

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The most important centers of research are of course the four large medical universities: The University of Budapest, the University of Szeged, the University of Pecs, and the University of Debrecen. The fifth largest institution is the Biological Research Station of Tihany and the sixth is the Public Health Research Institute at Budapest. The latter was originally built and organized as an institute of the Rockefeller Foundation, but later on it was taken over by the State. It is similar in function to the National Institute of Health in the US. It does a great deal of routine public health work, but there is also research work going on there. There are a number of pharmaceutical companies, which were socialized, which have important research departments; such as: Chinoin in Budapest, Wander in Budapest, and so on.

The National Health Institute is located in Budapest. The University of Budapest Medical School is scattered throughout the Gyati section of the city. Physiology and Biochemistry are on Murgensenbérus. The main medical building housing the Dean's office and medical libraries is on Veldér Street. Across from this, on Hogyes Endbe Street

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is the Institute of Pathological Physiology and Bacteriology. Behind the main Medical Sciences building, surrounded by clinics, is the Institute of Pathology and Cancer Research. All the streets have been renamed several times.

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The National Health Institute in Budapest is about six times the size of the Biological Research Station at Woods Hole and is composed of a great number of departments; such as, the Department of Parasitology, Department of Entomology, Department of Biological Assay of Pharmaceuticals, Department of Bacteriology, Virology, etc. The university institutes usually have from five to twenty laboratories, animal rooms, and a few offices for the professors and research workers.

Some of the institutes, for example, the Institute of Pharmacology in Budapest, were hit by several smaller bombs and many of the instruments have been damaged, but they were replaced after the war with new instruments mostly imported from the West. The Institute of Biochemistry at the University of Budapest, for example, suffered almost no losses at all, in fact, many of the facilities of the Biochemistry Department at Szeged, most of which originated from the Rockefeller grant, were transported after the war from Szeged to Budapest due to the fact that the Professor at Szeged was nominated to be Professor of Biochemistry at the University of Budapest. To my knowledge, the National Health Institute did not suffer heavy losses. The equipment and almost all of the facilities remained undamaged. Heavy losses were suffered by many of the institutes in Szeged and many of the theoretical institutes of the medical faculty were almost completely destroyed.

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Most of the institutes which had been destroyed were completely rebuilt in the first few years after the war and much additional equipment has been added to most of the institutes, usually through imports.

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all the facilities are controlled by the government. There are very great differences between the individual institutions. For example, as mentioned above, the Biochemistry Institute at the University of Budapest has very good facilities. Most of them are US made and quite recent. Other institutes, like the Institute for Pathological Physiology at the University of Budapest, which is under joint direction with the Department of Bacteriology, have quite antiquated equipment. Most equipment corresponds to the average equipment of the German institutes of similar character in 1936. There are few new instruments.

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Equipment

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Most of the equipment was in good condition and there was a great deal of reconditioning after the war. Of course, these are all very general statements since there are great differences between the universities.

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there were no definite research programs established by each institution. Research projects were usually proposed by the individual research workers or teams of research workers which were voluntarily formed. The program was proposed to the head of the department with whose approval a budget was allocated to the research project and experiments were undertaken. In the case of industrial and government grants for particular research projects, the head of the department usually appointed a team to work on the project but after the project had been completed, the individual research workers were again free to select their own topics. [redacted] the factory workers were urged to make so-called production races, whereby the workers could receive promotions and bonuses. A similar production race was introduced in scientific research where the individual institutes and departments were supposed to compete with each other for certain bonuses. However, in these races the only criterion was volume of work turned out and the number of papers published. Little consideration was given either to the quality or significance of those publications and their practical aspects or their applied character. The last race in medical research of which I heard was won by the Institute of Pharmacology of the University of Budapest. [redacted] we can again see manifestation of the fact that apparently the Soviets don't care particularly about scientific research in the Satellite countries; they let the people do whatever they want. However, as the usual Communist techniques which are prevalent in Soviet science, or, for that matter in the factories or any place else, are also applied in Hungary, we see the same manifestations. Actually, these promotions and

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distribution of bonuses on the basis of the number of publications are [redacted] factors which greatly decrease the production of really valuable research in Hungarian medicine. There is a fairly well organized distribution of patients. In various universities and civic hospitals there are registers in which all patients are listed with their diagnoses. It is possible to select from these registers the particular cases in which a research worker is interested and request the hospital to transfer the patient to the department of the investigator who wants to work with that particular disease. The situation is similar to the out-patient departments and since all patients are now required to follow these recommendations, clinical material for clinical research should be abundant.

RESEARCH PERSONNEL

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Most of the members of the research institutions are older men, who received their training under the previous regime, however many of the younger men started their training under the previous regime but finished their training under the present regime. Obviously, most of the people in medical research are not Communistically inclined; but, of course, most of them joined the party in order to get some advantages.

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[redacted] In Hungary, in medical research exclusively, medical men, (MDs), are usually competent. There are very few PhDs in medical sciences, only about three or four in the whole country. Most of the medical research is done by people who first earned an MD and then got advanced training in one of the theoretical institutes or possibly took a PhD in a related science such as chemistry or physics.

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A number of the younger scientists left the country and went to the West after the Communist regime took over but there are a number of people who are left. Also, before the Communist regime took over, private practitioners were much better off financially than those who stayed in medical research. This, however, has changed since the Communist regime took over since now the practicing physicians are paid salaries by the state and thus there is no difference between these two classes. In some instances, people in medical sciences, especially after obtaining higher rank, are much better off financially; therefore, a great number of people who were really not research-minded and did not contemplate research, went into that field to fill the places of those who had left the country. There is a very great shortage of well-trained laboratory technicians. Indeed, laboratory technicians are very seldom seen in Hungarian institutes. Of course, there are janitors and untrained help, such as women who are employed to wash glassware and do some minor assisting, but there are no schools to train laboratory assistants and usually medical students are hired to do some of this work in their spare time. Most of the scientists, actually, have to do a great deal of the simpler technical work themselves because of the lack of trained technicians.

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During the war, very few journals and books were received from the Allied countries. After the war the country was unable to pay for them, but a great number of journals and books were received as gifts. Of course, these did not make complete series in the medical libraries. This situation prevailed in 1947

In 1947 the scientists had free access.

from the few papers originating in Hungary it seems that they are quoting freely papers which appeared recently in English and American journals.

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After the war a journal was organized to abstract foreign medical literature in the Hungarian language. The journal was called "Orvostudományi Beszámoló" and it also published review papers in selected fields. The journal mainly abstracted Western medical literature. I understand that between 1948 and 1949 it ceased to appear and instead another journal was published which translated only Russian medical literature. Whether this journal is still in existence or not, I do not know.

The journal published in Hungary corresponding to the AMA Journal is "Orvosi Lapja". The journal which is published exclusively for physiology, pharmacology, biochemistry and experimental pathology papers is "Hungarica Physiologica Acta" which is published by the Hungarian Academy of Natural Sciences. There are various clinical journals such as "Hungarica Pediatrica Acta" and "Hungarica Medica Acta". Most of the clinical institutions have their own "Acta".

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After the war most of the Hungarian textbooks were old ones, written around 1938 and 1940; but a good many professors started to write their own textbooks and bring the old ones up to date. One of the outstanding examples of textbooks of this sort is the "Textbook of Pharmacology and Therapeutics" by Issekutz. However, a good number of sciences did not have up-to-date textbooks in the native language.

In the past the most prominent influences were the Germans and to some extent the English. Right after the war, US medicine began to have a great influence. At the same time the Communist element in the medical associations started large-scale propaganda for popularizing Russian medical research, but with little success. That was the situation in 1947;

no one dares to show any sympathy or respect for US medical literature, but instead is quite enthusiastic about Soviet accomplishments. However, almost all Hungarian research workers can read English, German, and French, but few can read Russian. Of course, the new generation has to learn Russian in high school, and this situation may change.

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All letters are censored, although no censor's stamp appears on the letters. Anyone who receives foreign correspondence is automatically suspected. Most of the scientists with whom we corresponded in 1948 and 1949 stopped writing completely and merely send printed post cards asking for reprints.

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It is quite impossible for scientists who are not highly trusted by the Party to leave the country under any circumstances. Of course, it is quite impossible for them to attend international meetings. If that were permitted, very few of them would return.

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There are no foreign scientists in the country, with the exception of a few Soviet professors who are mainly in the clinical field (for example, surgery), who became permanent residents of Hungary and who teach in the medical schools. Strangely enough, these men conduct their lectures and demonstrations in Russian which is understood by very few of the students.

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Salaries are relatively low. The living standard fell off to an all time low in Hungary, yet in relation to the overall fall of living standards, scientific personnel are fairly well off, although their living standards have also fallen. Since the living standards of the practicing physicians fell much more, there is some degree of attraction to scientific and university posts. Of course, most of the people are quite pathetic in view of the shortages of food and clothing and all kinds of necessities.

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Right after the war a large number of medical students were admitted; since the war, a great number of medical students left the country and there was a severe shortage of physicians. Recently, [redacted] the number of medical students has decreased, one reason being that the authorities refused the enrollment of people who came from capitalistic or intellectual families. Children of workers and farmers are preferred because it is thought that these people, once they graduate and become professional people, will owe their training to the present regime and will be faithful.

[redacted] the classrooms and laboratories which were originally contemplated for very large classes should be adequate. The Hungarian universities do not grant BS degrees, nor do they grant MS degrees. For example, if someone attended the school of chemistry for four years and passed his final examinations, he simply receives a diploma stating that he is a chemist. If he wants to find a job, however, he has to pass a State Board examination. If he passes, he gets a state diploma, stating that he is a chemist, but he gets no academic degree. In the system that was still existing in 1947, and as I understand was still existing in 1949 and 1950 the students could go on with their studies and on the basis of this could get a Doctor of Science degree (PhD). In medicine, the MD degree was granted on the basis of five to six years study plus an additional year of internship.

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The caliber of the teaching staff is quite varied. There are still some old professors who are left over from the old regime. There are very young men on the faculty [redacted] and, since they are quite unknown, it is possible that their caliber is not very high.

The professors are expected to do some research; but, of course, their main undertaking is teaching. The clinical professors have to direct their respective clinical departments also.

The theoretical aspects of medicine rather than the applied aspects are stressed much more by the teachers of undergraduate courses. This policy differs from the policies used in other countries. For example, someone can flunk an examination in Internal Medicine if he cannot put a certain biochemical equation on the blackboard, but if he shows minor weaknesses in diagnostics, it is not taken seriously. That is the reason Hungarian undergraduate students show much more enthusiasm for research. This was the situation before the war and in 1947, but I do not know how it is now.

Before and during the war and probably the first year after the war, most students came from the middle class and often their parents were physicians, engineers, or government officials. However, today these people are not accepted in medical schools and most of the medical students come from the ranks of the working class. The only exceptions, of course, are the high Party officials whose children are accepted regardless of the economic or intellectual background of their parents.

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The high schools, which are called Gymnasiums in Hungary, were very hard. It was an eight year course at the end of which the students had to pass a very difficult examination in their field of study. Those who passed the examination were ready to enter the university and take medical training. The first two years of medical school were spent studying the natural sciences and medical sciences, most of which are covered in college in the US. For example, in the first year, the student studies chemistry and physics and also anatomy and embryology. In the second year they study the medical sciences only; physiology, biochemistry, general biology, genetics, anatomy, and regional and surgical anatomy (this is actually second year anatomy). In the third year they studied more of the medical sciences; pathology, pharmacology, microbiology, public health, and pathological physiology. They also carried clinical subjects, such as, internal medicine, diagnostics and surgery. The fourth and fifth years were entirely clinical. The students had to serve a clinical clerkship, and the only theoretical subjects they had in these years were legal medicine and public health. All medical students were required to take a course in dentistry. After finishing these courses, no degree was granted; the students had to finish their internship first. There were several important examinations given during medical school. For example, after the first two years, the students had to take examinations in all the subjects studied so far and after the third year they had to pass examinations in the medical sciences. After completing their internship, they had to pass examinations similar to those given by the State Boards in the US in all clinical subjects, public health, and legal medicine.

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There are very few organized postgraduate courses. However, usually, the young physician who has just received his MD spends a number of years in that particular branch of medicine in which he wants to work later on. For example, it is almost impossible to establish a practice before one has spent a number of years in, preferably, the University Hospital, which amounts, of course, to postgraduate training. After three to six years of residence in a hospital, one could apply for Specialty Board Examinations. In the theoretical medical sciences, it was customary for the young physicians to spend a number of years in the department of the field in which they want to specialize, and possibly spend a few years in departments of related sciences.

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There is no Master's degree. For the MD degree, the medical course mentioned above has to be finished together with internship, and the National Board Examination has to be passed. After this, the MD degree is granted without requiring a thesis. For the PhD degree, of course, all the courses have to be passed, and also the final examinations and the National Board Examination. In addition, a thesis has to be presented and publicly defended.

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There is little direct aid given; however, students are usually nominated to some kind of post. In the university they are called Assistants or Assistant Instructors and they receive a small salary.

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The most important incentive is probably that it is practically impossible to find a job without some kind of clinical or institutional experience.

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There are no provisions at all for foreign travel and study for postgraduate students at present. Right after the war there were a few fellowships available to the USSR, but later on they were cancelled.

After the war, of course, a few offers came from Western countries, chiefly, Switzerland, France, and the UK for fellowships. At that time a great number of students accepted them, but most of these students refused to return to Hungary, and, therefore, Hungary did not permit travel to foreign countries thereafter.

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there is no formal postgraduate training. Young physicians simply spend a certain amount of time working in various academic institutes. Of course, they can work in the National Health Institute or the Biological Research Institute at Tihany. It is not customary to work in industrial pharmaceutical laboratories if one is intending to pursue an academic career.

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All posts open in research institutes are filled; but whether they are filled with the right kind of people right now, and whether they will develop into outstanding scientists, is quite questionable.

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Almost all younger research workers including many members of the Communist Party (some joined out of mere opportunism, other joined out of some kind of conviction which, of course, was probably regretted by them later) stated that they would, if possible, go to Western countries and would gladly stay there. Those who did not attempt to go to the West, did not do so because either they did not have the confidence in their own abilities to establish themselves in foreign countries, or some other obstacle stopped them. It was the usual case in 1947 that anybody, at least most of the people in medical research, would be very happy if they could go to Western countries. Of course, those who stayed had to claim that they did not sympathize with Western ideas. The principal methods used to keep these people in the country are barbed wire, mine fields, police dogs, watch towers with armed guards, etc. It is almost impossible to secure a passport for travel or immigration into foreign countries. It is also almost impossible, because of the above mentioned factors, to leave the country illegally. Very few people who attempt this succeed, and many of them get killed in the attempt.

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